

Name: \_\_\_\_\_

# Steps to a Healthier You

## My Fruit and Vegetable Goals

### Fruits

Circle the names of the fruits you have eaten:

mango   papaya   kiwifruit   cantaloupe  
star fruit   pineapple   strawberry   blueberry

Other fruits I have eaten:

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Write the name of a fruit you would like to try:

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How will you eat this fruit? *(Perhaps on cereal, as a snack, for dessert, with dinner, or on pancakes.)*

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### Vegetables

Circle the names of the vegetables you have eaten:

spinach   collard greens   sweet potato  
broccoli   jicama   zucchini squash

Other vegetables I have eaten:

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Write the name of a vegetable you would like to try:

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How will you eat this vegetable? *(Perhaps for a snack, as a salad, with dip, or for lunch.)*

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### Where and How

I will try these foods by: asking my parents to purchase them, helping my parents prepare these foods, choosing them from a restaurant menu, eating them from the school lunch menu, or eating them at a friend's house.

Signature \_\_\_\_\_

Date \_\_\_\_\_

